

ATTITUDE

| for a healthy outlook on life |

SECOND CHANCE AT LIFE

Tim Smith is one of the lucky ones who beat the odds.

Plus:

- Staying active key to preserving older adults' independence
- Raise your thyroid awareness



SUMMA
Health System



Summa Health System

Summa Health System – headquartered in Akron, Ohio – is an Integrated Healthcare Delivery System that provides coordinated, value-based care across the continuum for the people and populations we serve. We hold ourselves clinically and financially accountable for health outcomes in our communities.

Summa Health System integrates the resources of seven owned, affiliated and joint venture hospitals, a regional network of ambulatory centers, a network of more than 1,000 physicians that includes a 250+ employed multi-specialty group, a 150,000+ member health plan, a System level foundation and 10,000+ employees, nurses and healthcare professionals.

This nonprofit system now serves more than one million patients each year in comprehensive acute, critical, emergency, outpatient and long-term/home-care settings.

The mission of Summa Health System is to provide the highest quality, compassionate care to our patients and members and to contribute to a healthier community.

At Summa Health System today, you see the healthcare system of tomorrow.

On the cover: Learn how WKSU fund-raiser Tim Smith beat the odds to enjoy a second chance at life!

Cover photo by TRG Studios.

Welcome to Attitude!

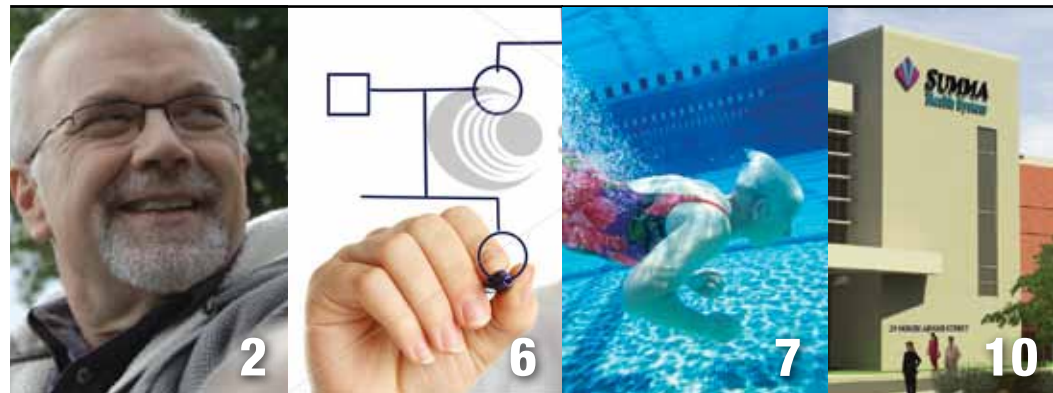


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SECOND CHANCE AT LIFE

Few people survive a brush with the “the widow-maker.” But Tim Smith is one of the “lucky” ones who beat the odds.

In 2011, the 62-year-old Kent resident decided he wanted to start running again.

Always physically active throughout his life, he thought he was in pretty good condition.

Smith is a development associate at Kent State University’s National Public Radio (NPR) station, WKSU. He works with corporations and other organizations to raise funds that support the station’s programming.

Despite a busy professional life, Smith still managed to get plenty of exercise. Smith also made eating a healthy diet a priority, too – he’s a vegetarian.

But last March, after three people close to him died suddenly, including a friend who ran marathons, he found himself wondering about the state of his own health.

As a result, he decided to pay a visit to his doctor before starting to jog again.

On Monday, March 21, 2011, his primary care physician, Benjamin S. Prestegaard, D.O., sent him to Robinson Memorial Hospital, an affiliate of Summa Health System, for a cardiac stress test after learning Smith had experienced some shortness of breath while exercising.



Smith thought it would be just another “routine” diagnostic test. But during the test, the lab’s nurse noticed something unusual about his echocardiogram (EKG). Concerned, she asked a cardiologist to review it before she let Smith leave the hospital.

“The cardiologist (Philip H. Keyser, M.D.) said my stress test was ‘a little abnormal’,” said Smith.

Keyser advised Smith to get a heart catheterization performed “soon.”

“I considered putting it off for another week,” Smith said. “I had a party to attend on Friday and I really didn’t want to miss it.”

But, thanks to persistent prodding by a nurse named Dana, Smith agreed to see an interventional cardiologist the following day.

On Wednesday, Smith met with Joseph D. Pietrolungo, D.O., to discuss his test results and be evaluated for a possible heart catheterization.

Pietrolungo is an invasive cardiologist with expertise in endovascular therapy at Summa Cardiovascular Institute at Summa Akron City Hospital.

“This was a relatively young guy, in pretty good shape, who exercised, ate right and wasn’t a smoker,” Pietrolungo said. “He had occasional shortness of breath during heavy exercise, but no chest pain or other symptoms. And he did pretty well on the treadmill, too, which is usually a good predictor. The only risk factors he had were hypertension (high blood pressure) and high cholesterol.”

Pietrolungo scheduled Smith’s heart catheterization for Thursday, March 24.

Thursday morning found Smith in the cardiac catheterization lab at Summa Akron City Hospital, where Pietrolungo carefully threaded a catheter into an artery in Smith’s groin.

Pietrolungo watched the progress of the catheter on a screen as he guided it slowly through Smith’s arteries and up to his heart. Pietrolungo was looking for blockages in any of Smith’s coronary arteries.

“He was 95 percent blocked in the left main trunk artery,” Pietrolungo said. “It’s amazing he had that much disease with so few symptoms. There were some symptoms, but they were very subtle.”

Smith had left main coronary artery disease (LMCAD), which is not a common finding. It is diagnosed in just 4 to 6 percent of all patients who undergo coronary arteriography.¹

“He (Pietrolungo) told me I could be brushing my teeth and drop dead, with no warning,” said Smith.

Things moved at a fast pace after that in the cath lab, according to Smith. He was taken from the cath lab directly to a surgical suite where a surgical team was assembled.

¹ Ragosta M, Dee S, Sarembock IJ, Lipson LC, Gimple LW, Powers ER. Prevalence of unfavorable angiographic characteristics for percutaneous intervention in patients with unprotected left main coronary artery disease. *Catheter Cardiovasc Interv.* 2006; 68(3):357.



“In almost no time, I went from the cath lab to the operating room where a whole team of people was doing their part to keep me alive,” Smith said.

The surgical team, led by cardiothoracic surgeon Robert Baranek, M.D., performed a coronary artery bypass graft (CABG) on Smith. Baranek took one of the arteries in Smith’s chest and grafted it onto his heart to “bypass” the blocked left main artery, restoring adequate blood flow to Smith’s heart.

It wasn’t until after he awakened in the Cardiac Intensive Care Unit (CICU) that he realized just how close his brush with death had come.

“When what happened became clear, I had an overwhelming sense of gratitude for being alive and for all the people at the hospital who were there for me,” Smith said.

“Then I began questioning why I got a second chance when so many people don’t... or why I was fortunate to have had a stress test that led ultimately to the surgery,” he said.

“But I was alive – even though the extent and location of my blockage put me in what my new cardiologist calls the ‘drop dead, kill you’ category,” said Smith.

“When Friday morning came, I was sitting up in a chair in my CICU room when my sister and friends visited. Then I was up and walking around after breakfast,” Smith remembers.

Smith began cardiac rehabilitation while in the hospital, walking the length of the hospital corridor as part of his rehabilitation.

He learned he would be taking medications for the rest of his life, including a medication to lower cholesterol, a daily aspirin and an ACE inhibitor to lower his blood pressure.

He would also be seeing Dr. Pietrolungo regularly for follow up care visits.

Nine days after an abnormal stress test EKG set off alarm bells with Dr. Keyser – and only six days following open heart surgery, Tim Smith was discharged from the hospital.

“It took only nine days, from ‘skin-to-skin’ as the surgeons say, from the time of his stress test to his discharge,” Pietrolungo said. “His recovery went very well.”

But Pietrolungo is quick to minimize his own role in Smith’s recovery.

“I wish I could say I was ‘the man’ here, but the truth is, it took a caring nurse and an experienced cardiologist with clinical intuition to pick up on the fact that this gentleman was at high risk and needed to be evaluated quickly,” Pietrolungo said.

Keyser had phoned Pietrolungo the morning of Smith’s stress EKG to arrange a consultation.

“This is what being an integrated healthcare delivery system truly is all about,” said Pietrolungo. “If someone calls me and says ‘Joe, I’m a little concerned about this guy. Could you see him this week in the office and then cath him quickly?’”





“That kind of one-on-one, doctor-to-doctor conversations happen because we’re integrated and it allows us to get it done quickly,” said Pietrolungo.

“As a result, I set the patient up for the procedure, identified the problem and fixed it before weeks or months went by,” Pietrolungo said.

Today, Smith is doing well and has nothing but praise for the care he received at Summa.

“There are so many people at Summa who were involved in keeping me alive. I can never know who they all are, but I do know this – I could not have been happier with the care I received,” he said.

“From the nurse who was very emphatic that I needed to get to the cath lab ‘*this week*,’ to my cardiologist and my heart surgeon, who led the bypass team, to all of the phenomenal nurses who treated me like a family member – my experience at Summa was outstanding,” Smith said.

Smith never considered going elsewhere for his cardiac surgery.

“Summa is just the right size . . . big enough to have developed excellent policies and procedures for providing excellent care – yet small enough to get me into surgery immediately,” said Smith. “I wasn’t put in a holding pattern for a few days.”

But it’s the personalized care he received at Summa that Smith values the most.

“At Summa, I was more than just a number. I was cared for when I needed to be cared for – by people who simply couldn’t have been better at what they do – saving lives.”

It’s all in the execution

After reading this story, it’s easy to see it takes an entire “village” of healthcare professionals to give someone a second chance at life.

But that’s what being an integrated healthcare delivery system is all about – a team of healthcare professionals that work together seamlessly to provide the best possible cardiovascular care for their patients.

For more information about the cardiovascular services available at Summa Cardiovascular Institute, or if you would like to make an appointment with a cardiologist, please call (888) 720-5318 or visit summahealth.org/heart.



Knowledge is **POWER**

Knowing your family's health history can help you stay ahead of potential health issues

The phrase “it runs in the family” may carry great weight when it comes to your health, as some diseases have a higher risk of being inherited from first-degree relatives.

That's why the Office of the Surgeon General created *My Family Health Portrait*, an Internet-based initiative encouraging Americans – two-thirds of whom do not know their family's health history – to collect and share their family's health information with relatives and physicians.

“Family history is of increasing importance given the expanded knowledge of genetics in medicine,” said Timothy J. Lewis, M.D., a physician with Summa Physicians Inc. “Although it's not the basis for diagnosis, it can be useful to help assess the patient's risk for certain disorders.”

Diseases that have a higher genetic risk include:

- Diabetes
- Heart disease
- High blood pressure
- Various forms of cancer
- Some behavioral health disorders such as alcoholism and depression
- Neurodegenerative diseases such as Huntington's disease and early onset of dementia and Alzheimer's disease

While family history may increase risk of development of these diseases later in life, it is not a guarantee. “Disease risk can have many different contributing factors, and it's thought to be the combined effects of genetics and environmental factors,” Lewis said.

However, arming themselves with a comprehensive family health history can aid patients and physicians in planning preventive measures to reduce risk of disease development. To create a comprehensive family health history, Lewis suggests creating a four-generation family tree identifying the diseases of the patient, his/her offspring, parents and maternal and paternal grandparents. In addition, patients also should include the cause and age of death for any deceased relatives.

“It's hard to know or remember all the relevant information, and it's helpful to talk to several people in your family if you're trying to put together an accurate family history,” Lewis said. “I encourage people to make this a topic of conversation when they get together with their families.”

Once the family health history is complete, patients can share this information with their physicians to determine which genetic factors, if any, put them at risk for disease development, and preventive measures can be put in place.

“For example,” Lewis said, “if there's a family history of premature coronary artery disease, then we might focus on preventive health measures targeted to that person's heart health via review of their diet, their exercise regimen or looking at screening for high cholesterol.”

Though a family health history may not be as beneficial for older adults who have already experienced onset of at-risk diseases, it can be an effective weapon for their children and other relatives down the road.

“Hopefully for future generations there will be even more preventive or treatment measures if we know the disease risks early on,” Lewis said. “It's important to pass on that [family health] information and keep track of it.”

For guidance on creating a comprehensive family health history, the Surgeon General's *My Family Health Portrait* tool is available online at familyhistory.hhs.gov. In addition, the Summa Center for Senior Health offers comprehensive health consults to identify health problems and suggest interventions for older adults. To schedule an appointment at the Summa Center for Senior Health, call (330) 375-4100.



Staying active

Key to preserving older adults' independence

A growing body of evidence suggests that whether an older person is able to live independently largely depends on whether he/she was physically active during their lifetime.

“Current evidence clearly indicates that participation in a regular exercise program is an effective way to reduce and/or prevent a number of the functional declines associated with aging,” according to the American College of Sports Medicine’s statement on *Exercise and the Older Adult*.¹

Despite evidence that staying active is the key to maintaining good health and independence, less than 25 percent of all U.S. adults exercise regularly. And physical inactivity is second only to tobacco use as a cause of death, responsible for an estimated 400,000 deaths each year, according to the U.S. Surgeon General.²

By including physical activity in your daily routine, you can stay healthier – and independent – for a longer period of time.

Four types of exercise that should be included in your fitness program are activities that promote:

- **Endurance:** Walking, cycling, swimming, dancing
- **Strength:** Weight-training
- **Flexibility:** Tai chi, yoga, Pilates
- **Balance:** Tai chi, yoga

Endurance activities make you breathe faster and get your heart pumping, which strengthens your heart and lungs. Endurance exercise makes it easier for you to:

- Push your grandchildren on the swings
- Vacuum the carpet and mop the kitchen floor
- Rake leaves in the backyard or trim the hedges
- Go shopping at the mall or grocery store

Strength exercises build muscle and strength, allowing you to do more things for yourself. Strength exercises also help you to burn calories so you can maintain a healthy weight. Strength training can also help prevent osteoporosis (where bones become brittle and break easily).

¹ Mazzeo RS. Exercise and the Older Adult: American College of Sports Medicine, ACSM Current Comment, 2007. Online document at: www.acsm.org Accessed June 24, 2010

² U.S. Department of Health and Human Services. Physical Activity and Health: A Report of the Surgeon General, Atlanta, GA: U.S. Department of Health and Human Services, National Center for Chronic Disease Prevention and Health Promotion, Centers for Disease Control and Prevention, 1996.





Including strength training in your exercise plan can maintain your ability to:

- Carry laundry upstairs from the basement
- Load and/or unload groceries from your car
- Lift bags of mulch or fertilizer in the garden
- Get in and out of a bathtub safely

Flexibility exercises keep your body limber by stretching muscles and the tissues that hold your bones and muscles in place (tendons and ligaments). Flexibility plays an important role in preventing falls and makes it possible for you to:

- Turn your head and look over your shoulder to see what is behind you when backing your car or changing lanes in traffic
- Make the bed
- Bend over to tie your shoes

Balance exercises also help prevent falls. Falling is a major cause of broken hips – which can lead to disability and a loss of independence. Balance exercises can help you to:

- Stand on tiptoe to reach something on the top shelf of a closet
- Walk up and down the stairs safely
- Walk on uneven ground or broken pavement without falling

Physical activity is a great way to have fun, spend time with friends and family, enjoy the outdoors, stay healthy – and maintain your independence. If you wish to learn more about how you can increase your physical activity safely, review the list of free resources included with this article.

RESOURCES

National Institute on Aging

For more information about exercise and physical activity, visit NIH Senior Health, the website for the National Institute on Aging and the National Library of Medicine. Visit www.NIHSeniorHealth.gov.

Exercise and Physical Activity: Your Everyday Guide from the National Institute on Aging.

Here is the link: <http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm>

American Academy of Family Physicians

P.O. Box 11210
Shawnee Mission, KS 66207-1210
800-274-2237 (toll free)
www.aafp.org
Exercise and Seniors
Exercise: How to Get Started

American Academy of Orthopaedic Surgeons

6300 North River Road
Rosemont, IL 60018-4262
847-823-7186
www.aaos.org
Seniors and Exercise: Exercise for Persons 60 Years and Older

Centers for Disease Control and Prevention

1600 Clifton Road
Atlanta, GA 30333
800-232-4636 (toll free)
www.cdc.gov
Growing Stronger: Strength Training for Older Adults!



Raise your thyroid awareness

Non-specific symptoms of thyroid disorders require expert attention

The thyroid is a small, butterfly-shaped gland that, when functioning irregularly, causes uncomfortable and sometimes severe symptoms for millions of people each year. But because the symptoms caused by thyroid disorders are non-specific, they can be easily mistaken for signs of aging or other diseases. To increase understanding and treatment of these disorders, January is nationally recognized as Thyroid Awareness Month.

Located in the neck, the thyroid and the hormone it produces are responsible for regulation of many of the body's natural processes, such as metabolism, temperature and menstrual cycles. According to Rachel P. Espiritu, M.D., an endocrinologist with Summa Physicians Inc., the two most common thyroid disorders – hyperthyroidism and hypothyroidism – disrupt these processes and cause a range of symptoms.

Hyperthyroidism occurs when the thyroid is overactive and produces too much thyroid hormone, which may cause weight loss, hot flashes, more frequent bowel movements and fatigue. In severe cases, Espiritu cautions that hyperthyroidism also may cause irregular heartbeats, which can lead to stroke. In contrast, hypothyroidism is caused by an underactive thyroid that does not produce enough thyroid hormone. Symptoms of this disorder include weight gain, constipation, fatigue and – in the most severe, untreated cases – weakness and lethargy leading to a coma.

“These symptoms are very non-specific and are common in other conditions as well,” Espiritu said. “If you develop any of these symptoms or a combination of them, I would suggest consulting a doctor.”

Simple blood tests can quickly determine if a patient has hyper- or hypothyroidism and medication regimens can stabilize the

effects of these disorders. However, sometimes a thyroid scan or ultrasound also is necessary, especially if growths on the thyroid (called “nodules”) are discovered.

“We don’t know why these nodules develop, but they are more common as you grow older,” Espiritu said. “Most of the time patients don’t have symptoms, but symptoms such as problems swallowing or a hoarse voice may indicate the nodules are concerning.”

While thyroid nodules may not always signal a more serious problem, they could require more serious treatment. A fine-needle biopsy – or removal of thyroid nodule cells through a needle inserted into the neck – may be required to determine just how intensive treatment needs to be. “Most nodules are benign, thankfully, and they can be followed by ultrasound,” said Victoria L. Van Fossen, M.D., who is fellowship-trained in endocrine surgery and a physician with Summa Physicians Inc. “If [the nodules] continue to grow or are suspicious upon biopsy, then surgery is indicated at that point.”

To test suspicious nodules, patients will undergo a lobectomy, or partial removal of the thyroid for testing, while patients with cancerous thyroid nodules will have their entire thyroid removed (total thyroidectomy).

“[Most thyroid cancers] are very treatable, and most people do pretty well,” Van Fossen said.

Patients who experience symptoms that may indicate a thyroid disorder are encouraged to consult with their primary care physicians. To schedule an appointment with a Summa physician, call (800) 237-8662 ext. 234.



Summa Rehab Hospital

to provide dedicated rehabilitation
for many conditions

Dedicated exclusively to inpatient rehabilitation, the new Summa Rehab Hospital will provide enhanced services to more patients across northeast Ohio in a new facility.

Summa Rehab Hospital – a joint venture between Summa Health System and Vibra Healthcare – is located at 29 North Adams St., at the corner of East Market Street, across from Summa Akron City Hospital campus.

Inpatient physical rehabilitation therapy across Summa Health System has been consolidated at the new hospital. As a result, inpatient rehab physical therapy units at Summa Akron City Hospital, Summa Barberton Hospital and Summa Wadsworth Hospital have been closed.

Summa Rehab Hospital is completely focused on the care and treatment of rehab patients. The benefits of a dedicated rehab hospital include:

- Access to the latest rehab technologies and equipment
- Increased opportunities for patients to receive more intensive therapeutic services
- Treatment by physician specialists with expertise in treating patients with disabilities
- Therapy sessions conducted by an experienced therapy team

Summa Rehab Hospital is a 70,354-square-foot, three-story complex. Patients, visitors and staff will enjoy natural light coming through large windows and building materials that reflect nature. Paintings and photographs

of natural elements will complement the serene and light-filled space. Floating ceilings will provide proper acoustics and yet dampen intrusive sounds. The functional layout will keep both patients and staff flowing efficiently throughout the building.

A 24/7 dedicated staff will offer several types of rehabilitation and therapy sessions in both private and public settings, including a rehabilitation gym, outdoor therapy area (ambulatory patio) and an apartment-style suite.

The staff will focus on providing comfortable, convenient and exceptional patient care, and will be equipped to treat patients with a variety of inpatient rehab needs, including those who are recovering from:

- Stroke
- Brain injury
- Amputation
- Postoperative neurosurgery
- Multiple trauma
- Neurological disorders
- Pulmonary rehab for emphysema, asthma, COPD, etc.
- Spinal cord injury such as a tumor, narrowing of the spinal cord (stenosis), etc.
- Orthopaedic rehab
- Cardiac rehab
- Wound care

- Arthritis
- Burns

Some of the amenities Summa Rehab Hospital will offer patients include:

- 60 private rooms with private baths on two levels
- Bedside dialysis capability in all private rooms
- A 5,000 square foot rehab gym with two-story elevation allowing it to be flooded with natural light for improved healing and quality of life for patients
- Private treatment space on two levels
- Outdoor therapeutic patio with various ambulatory surfaces (i.e., gravel, ramp, etc.)
- Bariatric rooms equipped with overhead lift devices designed to support 1,000 pounds
- Activities of Daily Living (ADL) Suite – bath, bedroom, kitchen and living space – to allow patients to practice in a “real life” environment similar to their home
- Day rooms located on two levels dedicated for patients, families and visitors
- An in-house radiology suite and pharmacy
- Fully electronic medical record and patient-specific e-rehab outcomes data which can be shared with a patient’s primary care physician
- Convenient on-site parking

For more information about the services offered by Summa Rehab Hospital, call (330) 572-7300 or visit our website at summarehabhospital.com.

SUMMA HEALTH SYSTEM *at a glance*

SUMMA HEALTH SYSTEM INCLUDES:

- Summa Akron City and St. Thomas Hospitals
- Summa Barberton Hospital
- Summa Wadsworth-Rittman Hospital
- Summa Western Reserve Hospital
- Robinson Memorial Hospital, an affiliate of Summa Health System
- Crystal Clinic Orthopaedic Center, a partnership with Summa Health System
- SummaCare
- Summa Foundation
- Summa Health Network
- Summa Physicians Inc.

COMMUNITY HEALTH CENTERS:

Akron

- Jean and Milton Cooper Cancer Center at Summa Akron City Hospital
- Summa Akron City Hospital Specialty Center/ Heart and Lung Center at Summa Akron City Hospital
- Summa Health Center at White Pond in Park West
- Summa Neurosciences at White Pond
- Summa Rehabilitation Services at University Park YMCA
- Summa Rehabilitation Services at White Pond

Barberton

- Parkview Center at Summa Barberton Hospital
- Summa Health Center at Anna Dean
- Summa Health Center at Lake Anna

Cuyahoga Falls

- Natatorium Rehabilitation and Wellness Center
- Summa Health Center at Cuyahoga Falls

Hudson

- Summa Health Center at Western Reserve
- Summa Wellness Institute

Medina

- Summa Health Center at Lake Medina

Tallmadge

- Summa Rehabilitation Services at Tallmadge Recreation Center

Uniontown

- Summa Health Center at Green



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If you do not receive *Attitude* at your home and would like to subscribe, please call (800) 23-SUMMA or (800) 237-8662. If you have a question or comment about *Attitude*, please send an e-mail to richardsonam@summahealth.org.